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Automobile Journalists Association of Canada

Optima LX
Best New Family Car
(under $30,000)

Optima SX Turbo shown

KIA

KIA

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0% FINANCING ON 2012's** | PAY FOR 90 DAYS^

ON SELECT MODELS

HWY: 6.2L/100KM
CITY: 9.5L/100KM

Sorento SX Turbo shown

HWY: 6.2L/100KM
CITY: 9.4L/100KM

Sportage SX Turbo shown

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FINANCE FROM AS LOW AS **$175** BI-WEEKLY | AT **0%** APR** | FOR UP TO **60** MONTHS

Offer includes **$1,000 LOAN SAVINGS‡** with a $2,000 down payment.
BASED ON A PURCHASE PRICE OF $25,745.
Offer based on Sorento LX MT.

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PLUS $500 CASH BONUS§

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amortized over 84 months. Offer includes
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Offer(s) available on select new 2012/2013 models through participating dealers to qualified customers who take delivery by May 31, 2012. Dealers may sell or lease for less. Some conditions apply. Offers are subject to change without notice. See dealer for complete details. Vehicle images shown may include optional accessories and upgrades available at extra cost. All offers exclude licensing, registration, insurance, other taxes and down payment (if applicable). Other dealer charges may be required at the time of purchase. Other lease and financing options also available. §May $500 Cash Bonus is available to qualified retail customers on the purchase or lease of a 2012/2013 Forte, Forte5, Koup, Optima, Optima Hybrid, Sportage or Sorento between May 14 and May 19, 2012. $500 Bonus will be deducted from the negotiated purchase/lease price after taxes or may be applied towards the purchase of accessories. Includes $250 dealer participation. Offer available at participating dealers on in-stock vehicles only. Delivery must be taken during the program period. Some conditions apply. See dealer for complete details. **0% purchase financing is available on select 2012 Kia models on approved credit (OAC). Terms vary by model and trim, see dealer for complete details. Representative financing example based on 2012 Sorento LX MT (SR55AC) with an MSRP of $25,745 (includes delivery and destination fees of $1,650, other fees and certain taxes (including tire levies) and A/C tax ($100, where applicable)) financed at 0% APR for 60 months. Bi-weekly payments equal $175 with a down payment/equivalent trade of $2,000. License, insurance, applicable taxes, variable dealer administration fees (up to $699), PPSA and registration fees are extra. Cost of borrowing of $0, for a total obligation of $25,745. Financing example excludes $1,000 loan savings (see below) that is deducted from the negotiated selling price before taxes. Retailer may sell for less. See dealer for full details. ^Based on 2012 and 2013 models on approved credit (OAC) (2012/2013 Sportage/Sorento/Sedona excluded). No interest will accrue during the first 60 days of the finance contract. After this period, interest starts to accrue and the purchaser will repay the principal interest monthly over the term of the contract. ‰Bi-weekly finance payment for 2012 Sportage LX AT (SP75ZC) based on a selling price of $26,345 is $145 with an APR of 0.9% for 60 months, amortized over an 84-month period. Estimated remaining principal balance of $7,478 plus applicable taxes due at end of 60-month period. Offer includes a loan savings of $750. Delivery and destination fees of $1,650, other fees and certain taxes (including tire levies) and A/C tax ($100, where applicable) are included. License, insurance, applicable taxes and registration fees are extra. See dealer for full details. ‡Loan savings for 2012 Sorento LX MT (SR55AC) is $1,000 and is available on purchase financing only on approved credit (OAC). Loan savings vary by model and trim and are deducted from the negotiated selling price before taxes. Some conditions apply. ±Compare against maximum cargo capacity when 2nd row seats are folded. 2012 Kia Sorento LX AT vs 2012 Honda CR-V FWD LX 2WD (4-CYL). ΩCompare against passenger volume between 2012 Kia Sportage LX FWD A/T vs 2012 Ford Escape 2.5L XLT FWD. ^2012 Kia Sportage awarded the Top Safety Pick by the Insurance Institute for Highway Safety. Visit www.iihs.org for full details. ^Highway/city fuel consumption of these vehicles may vary. These estimates are based on Transport Canada's approved criteria and testing methods. Refer to the Government of Canada's *EnerGuide Fuel Consumption Guide*. Your actual fuel consumption will vary. For more information on our 5-year warranty coverage, visit kia.ca or call us at 1-877-542-2886. Reproduction of the contents of this material without the expressed written approval of Kia Canada Inc. is prohibited. All information is believed to be accurate, based on information available at the time of printing. Information sourced from independent third-party research. KIA is a trademark of Kia Motors Corporation.

Growing reminder of the past

Regina's 140,000 trees once came from as far away as Siberia PAGE 3

THE UNEXPECTED WHEN EXPECTING

CAMERON DIAZ SHARES HER OWN HORROR STORY FROM INSIDE THE DELIVERY ROOM PAGE 9

REGINA metro®

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RCMP recover crash site remains

Air accident. Five people killed when two planes collided west of St. Brieux on Saturday

MORGAN MODJESKI
morgan.modjeski@metronews.ca

Dozens of markers point out pieces of debris after two small planes collided over Saskatchewan Saturday morning — killing five people — including a man confirmed to be a member of the Regina Flying Club (RFC).

RCMP told reporters that both planes landed in wooded areas roughly nine kilometres west of St. Brieux; one has been confirmed as submerged in waist-deep water.

Roughly five members of the RCMP Underwater Recovery Unit were on scene Sunday, still looking for human remains and pieces of debris from the crash, noting dense terrain has posed a challenge.

The Canadian Press has reported the planes, a Piper PA-28 and a Lake Buccaneer amphibious plane, "somehow came into contact with each other."

Cpl. Rob King of RCMP media relations told reporters, "We're not exactly sure what happened right now, it's up to the Transportation Safety Board — it's part of their investigation to determine exactly what happened to these two planes.

"Right now, our team is still working and is still going through the area," said King.

"It's a very dense slough, a very dense area and we're trying to recover as much we can."

The Canadian Press reported the Piper was on its way from Calgary to St. Brieux with two men and a young male, while the amphibious plane was travelling from Regina to La Ronge, with a man and a woman on board.

The identities of the man and woman who perished in the Lake Buccaneer plane have not yet been made public. However, the male victim was a member of the Regina Flying Club and has had his licence for close to a year, an RFC spokesperson said.

WITH FILES FROM JEFF MACKEY/METRO

RCMP underwater recovery unit retrieve debris from one of the two planes that collided over Saskatchewan. MORGAN MODJESKI/METRO Inset (left): Wade Donovan, 11, and his father Eric both perished in the collision Saturday. PHOTO COURTESY IAN DONOVAN Inset (right): Deceased Nanton pilot Denny Loree with wife, Joan, in front of his Piper PA-28 Cherokee plane, which went down in the mid-air crash. PHOTO COURTESY LOREE FAMILY

The union of killer couples

How a chance encounter like that of Michael Rafferty and Terri-Lynne McClintic can lead to a destructive pairing PAGE 4

Travolta's moves off the dance floor?

Rumours spread after three men accuse John Travolta of sexual harassment during massage sessions PAGE 10

Tosca's tips on getting fit

Health and fitness expert Tosca Reno shares the tricks of her Eat-Clean Diet PAGE 14

1

NEWS

On the web

Horrific crash in the skies

Debris scattered over a one-kilometre area after two small planes crashed in northern Saskatchewan on Saturday, killing five people. Go to metronews.ca for a photo gallery of divers cleaning up the wreckage.

A look at the life and death of a soldier

Watch a preview of If I Should Fall, an award-winning, Canadian-made documentary about the life and death of a Canadian soldier in Afghanistan, at metronews.ca

Mobile news

Call it kitchen diplomacy: U.S. chefs break bread with Cuban restaurateurs during Havana's 11th Biennial, which blends culinary arts with performance art. Scan the code for the story.

A Riot player scampers down the field at Griffiths Stadium yesterday in Saskatoon during the Western Women's Canadian Football League season opener against the Saskatoon Valkyries. DORIAN GEIGER/METRO

Riot take one on the chin in season opener

Women's football. Home team routed by Saskatoon Valkyries 36-6 in season opener

DORIAN GEIGER
Metro in Saskatoon

The Saskatoon Valkyries women's football team kicked off their season on a winning note, trouncing the Regina Riot by a score of 36-6 at Griffiths Stadium on Sunday.

Fresh off their inaugural season and a Western Women's Football League championship, the Valkyries look equally strong in 2012.

Regina lacked offence in the contest, accounting for just one touchdown. Riot bench boss Jon Baxter thought his team could have been more effective.

"Inconsistency — that was it. We were inconsistent on both sides of the ball. It killed us," said Baxter.

Offensive co-ordinator Ian Miller was impressed with his Valkyries's showing.

"We have a lot of talented players and they really did a good job of recruiting new players this year so it feels good to come out and put some good stuff out on the field," said Miller.

Miller also said the team is a good mix of rookie and veteran this season.

"It's a totally different team. We've got a whole bunch of new girls and we won't know how much better or worse we are until we play a couple games and see what the product on the field is," added Miller.

In 2011 the Valkyries outscored opposing teams 305-27 on the road to an undefeated 6-0 season.

Jana Spindler scored one of the Valkyries' five touchdowns. The 24-year-old defensive back was ecstatic to begin the WWCFL season in the win column.

"It was really nice to win our opener. We had a good crowd here. We've been busting our butts since February so it felt good to be able to hit some people and play football," said Spindler.

Julie David also collected two touchdowns, with Katie Miyazaki and Amber Bucholz finding the end zone as well.

The Valkyries next game is on May 28 in Winnipeg against the Nomad Wolfpack, while the Riot get back to action on May 27 versus the Winnipeg Fearless in Brandon, Man.

7-Eleven robbed

Two sought in store robbery

A north-central convenience store was robbed at knife-point just after 3 a.m. Sunday.

Police say two male suspects, one with a knife, made off with an undisclosed amount of cash and cigarettes before fleeing on foot from the 7-Eleven at the corner of Dewdney Avenue and Robinson Street.

Regina police are investigating the incident. METRO

Car struck post

Woman taken to hospital after crash

A 27-year-old female was transported to the Regina General Hospital in serious condition after her car struck a light stand at the Winnipeg Street off-ramp on Ring Road Sunday morning.

After hitting the post the car was reported to have been on fire on the railroad tracks. Regina police are conducting an investigation into the incident. No charges have been laid at this time. METRO

New bylaw

Fishing ban at Wascana

The Wascana Centre Authority has implemented a bylaw change that prohibits fishing in the centre.

Wascana Centre Authority is still considering fishing in the park but until further research is done it is at this point not deemed safe. METRO

Green. Saskatchewan's cathedral of the future harnesses power of the sun

Holy Family Cathedral is the province's newest cathedral that will utilize solar-powered stained glass, an art form known as Lux Gloria.

Three panes of trapezoid-shaped stained glass adorn the south face of the cathedral at 33 metres off the ground. The largest window is 11 metres high by 3.6 metres wide and a total of 54 solar panels and 1,113 hand-soldered polycrystalline solar cells were used in its construction.

Located on Attridge Drive in Saskatoon, which receives 2,381 hours of sunlight annually, it seems fitting that the city is at the forefront of such green technology.

The estimated cost of the solar-powered stained glass is $700,000. The solar glass will collect the energy-equivalent of what three or four households annually consume.

The cathedral, built at a cost of $28 million, features solar-powered stained glass by Ontario artist Sarah Hall, shown. DORIAN GEIGER/METRO

Holy Family's bishop Don Bolen said that solely relying on solar power to run a facility that totals 5,550 square metres is far-fetched, but was optimistic the cathedral is setting an environmentally responsible example.

"It's a small percentage but it's a step forward," said Bolen. "Maybe some day we'll be able to produce beautiful works of art with solar panels that can power the whole building."

Typically, religious institutions have not promoted green technology. However, Holy Family Cathedral's stained glass artisan Sarah Hall thinks this is what made the project unique.

"I think it's great to have a cathedral looking towards the future. Most of the time churches and cathedrals have embraced their past."

DORIAN GEIGER/METRO

Politics. Novak drops bid for restraining order

Regina police are not going forward with mayoral candidate Chad Novak's restraining order against Mayor Pat Fiacco's executive assistant Mark Rathwell, Novak says.

The police told Novak that he lacked evidence for a restraining order, but that he could proceed by going to the courts. However, Novak decided to drop the issue.

Novak announced at a press conference Friday that he would be filing a restraining order against Rathwell. The two have been trading barbs over Twitter for weeks, but for Novak the last straw came at last Wednesday's executive council meeting.

Novak claims that he felt "harassed" after Rathwell confronted him at the meeting about a tweet Novak had sent suggesting that if he became mayor, Rathwell would be out of a job. Novak says that Rathwell asked if he was being threatened, and called him arrogant.

"If he can do that at a public meeting with all the lights and cameras there, I can't even imagine what he might do in a private setting," Novak said on Friday. CARRIE-MAY SIGGINS/METRO

Quoted

"The point has been made to him (Rathwell), so he will hopefully not approach me again."
Chad Novak

Celebrating the urban canopy

Great growth. Regina residents have our ancestors to thank for the city's green legacy

ELAINE CARLSON
For Metro

Can you imagine Regina without its tree-canopied streets providing welcome shade on hot summer days?

Neither could the city's early settlers, who were determined to transform flat bald prairie into a place of beauty. By 1896, Saskatchewan's first horticultural society was established and the planting began.

When Regina was selected as the site of the Legislative Assembly, the new government commissioned Frederick Todd, a landscape architect who studied with the famed designer of New York's Central Park.

By 1912, more than 100,000 trees and shrubs had been transplanted from Europe and North America to an experimental nursery plot under the direction of provincial gardener George Watt. Hundreds more seedlings were obtained from as far away as Siberia and Korea. Planting went forward full steam.

Thomas Mawson of England, another prominent landscape architect of the day, was also commissioned in 1912, though the Depression put an end to his grand scheme to transform Regina into a garden city.

But the work continued, and in 1961, architect-planner Minoru Yamasaki completed a long-term master plan for the proposed Wascana Centre — now Regina's most noteworthy man-made natural asset.

These early planners and planters left us with a still-growing legacy and a vision of a green city.

"Regina has an urban forest inventory of 140,000 street and park trees," says Ray Morgan, manager of forestry, pest control and horticulture.

"Our best guess is that an equal number of trees have been planted by private property owners."

By the numbers

- American elm, including some in Victoria Park that are now a century old, constitute 35 per cent of city trees, green ash another 30 per cent. The rest are linden, maple, other ash varieties, coniferous trees and other zone-tolerant species.
- Add the 100,000 trees and 150,000 shrubs in the 930-hectare Wascana area and the result is an urban forest that provides shade, wildlife habitat and beauty, as well as measurable financial value.
- "Those American elms on College Avenue could be worth between $4,000 to $6,000 per tree," the city's Ray Morgan says. "Just with American elm alone, we're looking at an inventory worth $25 million."

This elm tree, on the northwest corner of Victoria Park, was planted sometime between 1910 and 1914, when the park was first constructed. CARRIE-MAY SIGGINS/METRO

A leafy willow tree offers the promise of shade to a jogger in Douglas Park on Sunday. JEFF MACKEY/METRO

Green challenge never ends

Regina's urban forest is worth protecting. The city dedicates about $1 million a year for everything from pruning and pest management to dealing with storm damage and Dutch elm disease. It requires 18 people to look after tree maintenance, nursery operations and inspections. Wascana allocates an additional half-million dollars for annual management of its forest.

D'Arcy Schenk, manager of forestry and horticulture for Wascana Centre Authority, outlines some of the challenges affecting urban forests. "We continually need to monitor for issues such as defoliation caused by insects like the canker worm, tree diseases that require affected limbs to be removed and new insects and diseases that are moving into the area, one of which is the bark beetle on American elm, responsible for the spread of Dutch elm disease."

A new threat is the emerald ash borer, which has wiped out 80 per cent of the ash in some Ontario cities, says the city's forestry manager, Ray Morgan.

"It bothers me when we lose a tree," Morgan says. "People need to realize that when that tree is gone, it will be another 70 years before we get that value back, if not longer."

Morgan can get choked up when he talks about what trees mean to him. "When I look at a tree, I see life. I also see longevity: A tree is one of the longest surviving things on the planet."

Schenk is also philosophical about trees. "I always call my forestry operation a birth-to-death, circle-of-life operation. You plant a tree for successive generations because you know you won't live long enough to see the tree mature."

ELAINE CARLSON/FOR METRO

Family tree

"You plant a tree for successive generations because you know you won't live long enough to see the tree mature. It's a legacy for future generations to take care of and to enjoy."

D'Arcy Schenk, Wascana Centre Authority

Going to seedling

Think you'd like to plant a tree? Regina's forestry manager Ray Morgan advises:

- Look up. Check for utility lines and consider the height and circumference of the mature tree before you select a species. Utility companies will top them off if they're too tall.
- Consider where to plant before you dig. If a tree is too close to your house, it could be on your eavestrough in 15 years. If it's too close to your property line, it could encroach on your neighbour's property.
- Visit garden centres to make sure you select a hardy and suitable variety for Regina's hardiness zone (2b). Ask if the tree will create catkins and leaf litter, pose a safety problem, shade a garden, affect traffic or present a risk to children.
- Go to cityofregina.ca to learn more about planting, growing and maintaining trees, and to find out about horticultural policies and the city's forestry bylaw.
- For questions about pruning, disease, pests and tree removal, call Service Regina at 777-7000.

The trees of our lives. What some have to say about our urban forest

"When I am in the park (Wascana), whether to walk my dogs or to go to work in the Legislative Building, I marvel at the knowledge that each tree was hand-planted. It is a testament to the vision, dedication and spirit that represents the character of our province."
— Bill Hutchinson, Provincial Capital Commission

"Trees provide an oasis on the vast bald prairie — a step in the creation of a bit of green paradise to enjoy and to celebrate nature and families."
— Larry Matz, Regina resident

"I like trees because I like looking for fairies in them, and I like climbing in them, and I like building forts in them and playing in the forts. I also like listening to birds when I walk by the trees because they sound so sweet."
— Sam Silverthorne, Grade 3 student, St. Pius School, Regina

"The urban forest in Regina makes us an oasis. When driving across the prairies, you can see Regina from miles away and have a sense of pride. Residents know the value of our trees they care for. They water, fertilize and band our trees ... what a gift for all of us! Trees are a huge part of our city and I am so glad past and current Regina residents see what a treasure they are. I can't imagine Regina without our urban forest."
— Sharron Bryce, deputy mayor, City of Regina

"I love the secret treasure of fruit trees. They are unassuming for most of the year, but in May, when they are in full bloom, they are exotic and showy and utterly beautiful."
— Bonnie Yakes, Regina resident

ELAINE CARLSON/FOR METRO

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Rare breeds: Couples who kill

Chance encounter.
Rafferty and McClintic's brief, but twisted pairing ended in 'awful, terrible tragedy'

WARNING: Graphic details from this court case may disturb some readers.

They came together in a chance encounter on Feb. 4, 2009, at a pizza shop in Woodstock, Ont., and two months later they teamed up to abduct, sexually assault and murder eight-year-old Victoria Stafford.

No one knows what would have happened if Michael Rafferty and Terri-Lynne McClintic had never met, but as suggested by a police officer who interrogated Rafferty, tragedy struck when each of their particular brands of depravity collided.

"What's happened here is because of who's meshed together," Ontario Provincial Police Det. Const. Gord Johnson told Rafferty after his arrest. "The two of you are not a good mix."

Only two living people know for sure who actually wielded the hammer that killed Tori Stafford, but with guilty verdicts Friday night for Rafferty on first-degree murder, sexual assault causing bodily harm and kidnapping, a jury signalled it believed the two worked together to bring about the little girl's death.

It places them in a rare class of murderers with Paul Bernardo and Karla Homolka: couples who kill.

On the surface there are some similarities between Rafferty and McClintic and the sadistic plots of Canada's most notorious killer couple — the pair worked in tandem to commit unspeakable crimes, but they pointed the finger at each other for being the actual killer, young female victims were sexually violated before they were brutally killed, and court proceedings were subject to controversial publication bans.

Stephen Williams, as the author of two books on the Bernardo-Homolka murders, has researched the rare breed of couples who kill together. Williams makes no comparisons between the "awful, terrible tragedy" of Tori's death and the "unholy crime spree extravaganza" upon which Bernardo and Homolka embarked.

The dynamics of the couples' relationships are quite different, but what Williams sees as all killer couples having in common is that their motives defy explanation. Who knows what it is about two particular loathsome people that leads to tragedy when they unite, he said.

"The whole is greater than the sum of the parts," Williams said in an interview. "It's the psychiatric theory folie a deux (a shared psychiatric disorder), but ... there's all kinds of people that have bizarre tendencies that hook up and get together but they don't go out and rape and murder girls."

Rafferty and McClintic's brief but twisted pairing began in that pizza shop, when he called her a "pretty little number," according to McClintic. Then they had sex in his car.

Rafferty climbed on top of McClintic and began to choke her, she reported. McClintic returned home not long after, with cold pizza and "Mike's" number written in the box. She didn't know his last name, but he didn't really talk much about himself, she said.

Eighteen-year-old McClintic wasn't the first young woman Rafferty choked during sex. In all, 12 other women reported being choked by him. Some consented, others didn't. One woman signed a note consenting to "sexual choking and passing out," while another alleged he drugged, choked and raped her.

It seemed that in McClintic, who was angry, violent and had a criminal record, Rafferty had finally found someone with whom he could share his disturbed leanings, the Crown suggested at his trial. McClintic was willing to do anything for a little bit of love, though it's likely she was an even more willing participant to Tori's killing than she let on, the Crown said.

Little is known about Rafferty's background. He grew up in communities in the Toronto area, but for an unknown reason was sent to live with an aunt and an uncle in the country — not far from Tori's murder scene — during middle school.

Conversely, much of McClintic's young life is officially documented, as authorities were involved from the get-go. Her birth mother was a stripper who gave her up to a fellow stripper. McClintic says her adoptive mother gave up the trade when she started to care for the baby, but her life was anything but stable.

THE CANADIAN PRESS

Rodney Stafford, father of slain 8-year-old Victoria Stafford, holds a photo of his daughter as he speaks to the media, with his mother Doreen Graichen looking on, after Michael Rafferty was found guilty on all three charges at the murder trial in London, Ont., Friday. DAVE CHIDLEY/THE CANADIAN PRESS

Smoke-bomb suspects charged with inciting fear of terrorism

People are shown on the Montreal subway in a police handout photo. A co-ordinated smoke-bomb attack crippled Montreal's subway system Thursday.
THE CANADIAN PRESS

A man and three women in their early 20s were charged Saturday with committing a terrorism-related prank following smoke-bomb attacks that crippled the Montreal subway system earlier in the week.

The suspects, Francois-Vivier Gagnon, Genevieve Vaillancourt, Vanessa L'Ecuyer and Roxanne Belisle, turned themselves in to authorities Friday.

They appeared in Montreal court via video conference on Saturday to face charges of hoax regarding terrorist activity, which means they were accused of inciting fear of terrorism — not committing a terrorist act.

The charge carries a maximum sentence of five years in prison.

"The Crown must prove these were actions that would cause fear from the public... that terrorist activities were committed," Robert La Haye, a well-known Quebec criminal lawyer, said in an interview.

"It doesn't mean that they are being charged with committing terrorist activities."

They were also charged with conspiracy and mischief of over $5,000, while Gagnon was charged with possession of a prohibited weapon for a knife.

Smoke bombs were set off at several metro stops at the height of rush hour Thursday morning, forcing the entire subway system to shut down and causing a major headache for commuters.

A merchants' association and a conservative economic think-tank have estimated the incident cost Montreal several million dollars in lost productivity.

The suspects were detained for the weekend and are scheduled to appear in court again on Monday.

Meanwhile, a radical student group, which has been highly critical of the student federations leading the fight against the tuition-fee increases, called for a rally in front of the Montreal courthouse during their appearance.

"It is only through the continuity, expansion and intensification of the movement that we can aspire to a fairer society," the group, called Force etudiante critique, or Critical Students Forces, said in a post on its website.

THE CANADIAN PRESS

Poland

Father seeks return of abducted children

An Ontario man, who found his missing children in Poland after a two-and-a-half year search, is heading back to Europe this week for a court hearing that will decide their fate.

Stephen Watkins told The Canadian Press on Sunday that he will be in a Warsaw court Wednesday, seeking the return to Canada of his two boys — Alexander, 10, and Christopher, 8.

The 40-year-old Newmarket, Ont., man was granted custody of the children after he split up with his wife, Edyta Watkins. She and the boys vanished in March 2009, only to emerge later in Poland, the woman's native country.

THE CANADIAN PRESS

Ottawa

More secret meetings under Liberals than Harper's Tories

Stephen Harper's Conservatives have been accused of using their majority to hide too much House of Commons committee business behind closed doors.

But an analysis of Library of Parliament data for the last decade shows the championship title for secretive committee work actually belongs to former prime minister Paul Martin's Liberals.

The runners-up honour goes to another Liberal regime, under Jean Chretien. Analysis of meetings shows MPs deliberated in secret for an average of close to two hours a day during Martin's majority. THE CANADIAN PRESS

Felicia Boots

Alleged baby murderer in custody

British police say a Canadian woman, charged with two counts of murder in the deaths of her two babies, is to remain in custody until Tuesday.

Jewelry designer Felicia Boots was charged with the murder of her children, 10-week-old son Mason and his 14-month-old sister Lily, at their home in southwest London earlier this week.

Boots, 34, appeared at the South Western Magistrates' Court Saturday, where she was ordered held in custody until her next court appearance May 15.

The Telegraph newspaper reported that Boots waved to her parents and a friend as she left court.

THE CANADIAN PRESS

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Kony

Ugandan forces capture LRA senior commander

Ugandan forces captured a senior commander of Joseph Kony's Lord's Resistance Army after a brief fight with rebels near the Congo-Central African Republic border, an army official said Sunday, in what an analyst said was an "intelligence coup'' for forces hunting for Kony.

Lt. Col. Abdul Rugumayo, intelligence chief for Uganda's military operation against the LRA, said Caesar Acellam was captured Saturday with two other rebel fighters as they tried to cross a river called Mbomu.

THE ASSOCIATED PRESS

Mystery mail

Mystery package causes illness

A postal worker says a mysterious leaking package from Yemen has left him seriously ill, but the U.S. Postal Service denies the package ever existed. Jeffrey A. Lill is reportedly suffering from toxic exposure symptoms.

THE ASSOCIATED PRESS

Drug war

49 bodies dumped on Mexico-U.S. highway

Forty-nine bodies, at least some of them mutilated, were found Sunday dumped on a highway connecting the northern Mexican metropolis of Monterrey to the U.S. border, officials said.

A law enforcement official said the bodies of 43 men and six women were found in the town of San Juan on the non-toll highway to the border city of Reynosa at about 4 a.m.

Authorities closed off the highway, blocking the way for hundreds of motorists, as federal and state police, joined by Mexican troops, sealed off the scene.

THE ASSOCIATED PRESS

Work pays off

Ivy League janitor graduates

It was a special day for one Columbia University janitor. The 52-year-old immigrant graduated from the Ivy League school with honours. It took Gac Filipaj a dozen years to finish his courses while working full time. THE ASSOCIATED PRESS

Ex-Taliban official's murder halts Afghan peace process

Afghanistan. Senator and Afghan peace council member was working to organize talks between government officials and insurgents

A gunman in a car killed a former high-ranking Taliban official working on reconciling Afghanistan's insurgency with the government, a fresh blow to peace efforts even as Kabul announced it was gradually taking the lead from the U.S.-led coalition for providing security in much of the country.

A gunman with a silenced pistol killed Arsala Rahmani as he was sitting in his car at an intersection in one of the capital's most secure areas near Kabul University, police said.

The death of Rahmani, a top member of the Afghan peace council and a senator in parliament's upper house, dealt another setback to efforts to negotiate a political resolution to the decade-long war.

Rahmani was a former Taliban official who reconciled with the government and was active in trying to set up formal talks with the insurgents. His assassination follows that of the council's head last year.

He was shot just hours before President Hamid Karzai announced the third of a five-stage transition process that will have the Afghan National Security forces in control of the country by the end of 2014, when most foreign combat troops are to leave the country.

Karzai's announcement came just ahead of a NATO summit in Chicago on May 20 and 21 where the training, funding and future of the Afghan National Security Forces will be a topic of discussion, along with the gradual process called "transition."

Afghan security forces now number about 330,000 and are to increase to 352,000 by the end of the year.

They are expected to take over much of the fighting as the U.S. draws down an additional 23,000 troops to 68,000 by the end of September. U.S. troop levels reached a high of about 100,000 last year.

The third tranche covers 122 districts, and when complete will bring the total number of districts under Afghan control to 260 in all 34 provinces.

THE ASSOCIATED PRESS

An Afghan National Army soldier patrols the gate of the military hospital in Kabul. RAHMAT GUL/THE ASSOCIATED PRESS

Transition

The Afghan government is gradually gaining traction.

- The head of a commission overseeing the transition to Afghan-led security said the country's current transition stage will end with the Afghans taking the lead for areas representing 75 per cent of the population within six months.
- The transition process will allow most international combat forces to withdraw, leaving the Afghan security forces in control across the nation by the end of 2014. A smaller number of forces are expected to stay on past that date in a mentoring, training and counterterrorism role.
- "The completion of transition ... will mark the end of NATO's combat role, but not the end of our engagement. NATO is committed to an enduring partnership with Afghanistan, and to providing training," Secretary-General Anders Fogh Rasmussen said.

Palestinians, Egyptians seek to end jail hunger strike

Missadeh Diab, 65, holds a picture of her son Bilal at her home in the West Bank village of Kufr Rai. BERNAT ARMANGUE/THE ASSOCIATED PRESS

Egyptian and Palestinian officials said Sunday they were close to reaching a deal with Israel that would end a mass hunger strike by Palestinians in Israeli jails.

Some 1,600 Palestinian prisoners are on strike, most for a month, but three have refused food for more than 70 days. They launched the strike to press their demands for better conditions and an end to detention without trial.

An Egyptian-drafted proposal calls for Israel to move prisoners currently held in solitary confinement to regular cells, and allow families from Hamas-ruled Gaza to leave the seaside strip to visit imprisoned relatives, an Egyptian official said on condition of anonymity because of the sensitivity of the discussions.

It also calls for Israel to ease a policy called "administrative detention" under which some prisoners deemed a security risk can be held indefinitely without charge. Under the draft agreement, that policy would be changed and prisoners will be either charged or released after they are detained.

Palestinian prisoners have yet to review the proposal, and Israeli officials refused comment.

A Palestinian lawyer representing the prisoners confirmed the details of the proposal, and said Egyptian officials had presented it to the Israelis.

Taher Nunu, the spokesman for the Hamas government in Gaza, said Egyptian mediation efforts were under way.

THE ASSOCIATED PRESS

Prisoners

Two of the prisoners staging the longest strikes are members of Islamic Jihad.

- Thaer Halahleh and Bilal Diab are part of the militant group that has killed hundreds and injured many more in suicide bombings, shootings and other attacks. The two are being held without charge.

Facebook CEO Zuckerberg set for big birthday week

Tech titan. Social networking site expected to start selling stock publicly, trading on the Nasdaq Stock Market

Facebook CEO Mark Zuckerberg, seen in this 2011 file photo in San Francisco, turns 28 on Monday. He's considerably younger than the average Fortune 500 CEO, of course. PAUL SAKUMA/THE ASSOCIATED PRESS

Don't let the hoodie and sneakers fool you. Mark Zuckerberg is no wet-behind-the-ears CEO.

Facebook's chief executive turns 28 on Monday, setting in motion the social network's biggest week ever.

The company is expected to start selling stock to the public for the first time and begin trading on the Nasdaq market on Friday. The IPO could value Facebook at nearly $100 billion US, making it worth more than such iconic companies as Disney, Ford and Kraft Foods.

At 28, Zuckerberg is exactly half the age of the average S&P 500 CEO, according to executive search firm Spencer Stuart. With eight years on the job, he's logged more time as leader than the average CEO, whose tenure is a little more than seven years, according to Spencer Stuart.

Even so, the pressures of running a public company will undoubtedly take some getting used to.

Once Facebook begins selling stock, Zuckerberg will be expected to please a host of new stakeholders, including Wall Street investment firms, hedge funds and pension funds who will pressure him to keep the company growing

Young as he may seem, Zuckerberg will be about the same age as Michael Dell and older than Steve Jobs when those two took their companies, Dell Inc. and Apple Inc., public.

In his years as Facebook's CEO he's met world leaders, rode a bull in Vietnam while on vacation, started learning Mandarin Chinese and as a personal challenge, wore a tie for the better part of a year.

THE ASSOCIATED PRESS

Economy

Canada has best two-month job gain in 30 years

Canada booked its best two-month employment gain in three decades with news Friday that the economy churned out 58,200 new jobs in April, the strongest signal in some time the economic recovery may be coming out of a mid-winter stall.

The report was far stronger than anyone anticipated with Canadians able to find net new jobs in seven provinces across the country, many full-time and in the high-paying manufacturing, construction and resource industries.

Combined with March's 82,300 jobs number, the 140,500 total is the best two-month employment performance the country has seen since 1981.

The only negative was that the unemployment rate edged up one-tenth of a point to 7.3 per cent. But Statistics Canada said that was because even more people went looking for work last month — a signal of labour market strength rather than weakness.

THE CANADIAN PRESS

Banking

Execs to step down after $2 billion loss

Three executives at JPMorgan Chase, the largest bank in the United States, are expected to leave their jobs this week after a $2 billion US trading blunder, The Wall Street Journal reported Sunday. The Journal, citing people familiar with the situation, reported that one of the executives is Ina Drew, who for seven years has run the risk-management division at the bank responsible for the loss.

THE CANADIAN PRESS

Referendum

Irish vote could kill EU's austerity drive

The Irish could be next to give the European Union's austerity plans a black eye.

A May 31 referendum in Ireland will ask the public to approve an EU treaty that aims to control nations' deficits and longer-term debts. But critics say the treaty ignores the competing need to stimulate growth. THE ASSOCIATED PRESS

Yahoo. CEO steps down amid resume controversy

Yahoo CEO Scott Thompson left the company four months into the job Sunday after more than a week of scrutiny into inaccuracies on his resume and in company filings.

The struggling Internet company had hoped that Thompson, who became CEO in January, would turn things around. But he now becomes the fourth CEO to leave Yahoo in five years. He is being replaced by Yahoo's global media head Ross Levinsohn.

Thompson's exit was encouraged by Third Point, the activist hedge fund that owns nearly 6 per cent of Yahoo shares. Third Point claimed that Thompson had padded his resume with a degree in computer science from Stonehill College.

Thompson did earn an accounting degree from Stonehill, a Catholic school near Boston, in 1979, a fact that Yahoo correctly lists. But he did not earn a computer science degree

Privately, Thompson told his colleagues that he wasn't responsible for the incorrect information.

THE ASSOCIATED PRESS

PLANTING NATIVE TREES:
A manly way to get The Manly Look.
EVERGREEN
Bring nature back to your city. Get involved at EVERGREEN.CA

NO SHAKIN' THE MOVIE-MAKERS WITH THIS PLOT

URBAN COMPASS
Paul Sullivan
regina@metronews.ca

The reviews are in and it's official: The Saskatchewan government's latest movie plot is a bomb.

You've seen this one, right? To get people to make movies this far from Hollywood requires a bribe. Only it's not called that. It's called a film tax incentive. In Saskatchewan, it was called the film employment tax credit.

Whatever — if you want people to make movies in Saskatchewan instead of B.C. or Arkansas or Croatia, you have to provide movie-makers with a little grease for the wheels on the track for the camera dolly. (That's movie talk.)

At least that's what the movie people say. Regina says otherwise. As of May 4, instead of giving you an "incentive" up front, we'll give you a break on the taxes on money you earn from a movie made here in Saskatchewan. Thanks for nothing, say the movie people. A movie would have to make a whole lot of money to even begin to qualify.

The plot, to say the least, is hard to follow. Plus, there aren't any car chases. Worst of all, say the critics, if the government is really serious about this, it will bring down the province's film industry.

Curses, it's curtains.

There's nothing new about this movie. It's a remake of a conflict that goes on in just about every province and the 37 U.S. states that also have film-industry incentives. And the plot has become boring and predictable. The government tries to kill or reduce the subsidy/incentive/bribe; film industry reps say they're moving to Ontario or somewhere; the Man backs down and everybody gets their happy ending.

Thanks, but no thanks

"As of May 4, instead of giving you an 'incentive' up front, we'll give you a break on the taxes on money you earn from a movie made here in Saskatchewan. Thanks for nothing, say the movie people."

Until some star-struck government in Absurdistan decides to drop a couple more points on the tax bill and it starts up all over again.

Back home, it only costs $8 million a year to keep the movie people happy; but soon everyone will want a subsidy/incentive/bribe, and why is that necessary when times are good and employment is at historically low levels? So to Regina, it may have just seemed like good government to turn the so-called incentive into an actual incentive.

But wow, you'd think the director killed the puppy before the third reel. According to an industry poll, 75 per cent of those with an opinion don't like the ending.

In Hollywood, that usually means the producers lean on the director to change it. The puppy lives. Smiles all around.

Here in Kansas, er, Saskatchewan, you'd think Brad Wall and Culture Minister Bill Hutchinson were Born Yesterday. But I have a feeling they're going to grow up fast.

I am Fia, hear me roar!

ANDY PORTER/BIG CAT SANCTUARY

Wildlife conservation

New white lions, pride of England

After a 20-hour flight without sedation, you'd expect this lioness to be a little grouchy. Fia and her sister Joy, two rare white lionesses flown from their native South Africa, are the new residents of the Wildlife Heritage Foundation's Big Cat Sanctuary in the village of Smarden in southeast England. MWN

Genetics

"We've brought the lions here to help expand a new bloodline."

Lynn Whitnall, trustee at the Wildlife Heritage Foundation

The two lionesses, about 5 years old, have been brought to the sanctuary in the hope that they will eventually breed with the resident male white lion. Because of their rarity, with "literally a handful of them left in South Africa," Whitnall tells Metro, preserving the white lion's bloodline is of paramount importance for wildlife conservationists.

Feline facts

- **Trophy beasts.** White lions are indigenous to South Africa. For many years, they were hunted for trophies; because of their rarity they have great value.
- **They're not albinos.** Their colour is caused by a recessive gene known as the chutiya, or colour-inhibitor gene. They vary from blonde through near-white, even red.
- **Missing in the wild.** There are roughly 300 white lions worldwide. However, there are no white lions left in the wild within their natural distribution range. *Source: Global White Lion Protection Trust*

Weird news

Thief's honour blooms for Mother's Day

No matter how much digging investigators did, the crime remained open until a thief turned himself in and returned the fruits of his theft.

In this case, the crime was stealing two hydrangeas in May 1958 from Centennial Park in Nashville.

And the thief, 72-year-old Bill Teitleff of Joy, Ky., returned plants from the root system of the purloined flowers to the park Thursday.

Teitleff took the flowering plant because he didn't have enough money at the time to buy a Mother's Day gift for his mother. At the time of the theft, Teitleff was 18 years old and newly married.

Eventually, the past caught up with Teitleff and he didn't like how it felt.

Teitleff says he can now walk through Centennial Park without feeling guilty. THE ASSOCIATED PRESS

Metropolitan Panel

Register at metropolitanpanel.ca and take the quick poll

What long-term celebrity couple should follow Brad and Angelina down the aisle?

5%
LIEV SCHREIBER & NAOMI WATTS (7 YEARS)
41%
JOHNNY DEPP & VANESSA PARADIS (14 YEARS)
41%
OPRAH WINFREY & STEDMAN GRAHAM (26 YEARS)
13%
JOSHUA JACKSON & DIANE KRUGER (6 YEARS)

Twitter

@TRPGalon
Walked into locally owned clothing store today..walked out with 4 shirts, 2 of which are locally bred brands. #yqr #youngentrepreneurs

@saskboy
A good day for a BBQ. #YQR

@JasonPoultonCFP
Gorgeous spring day. Having a Paddock Wood Czech Mate pilsener in the back yard. Feels like summer! #craftbeer #yqr #paddockwood

@ColinMcneil
MY SASKATCHEWAN INCLUDES THE FILM INDUSTRY!!!!! #yqr #yxe #skpoli #savesaskfilm

@Feztickle75
May 13, 1 p.m. Earliest I have ever been fully submerged (in the late) at Regina Beach #YQR Beach. Brutally cold, lasted 2 minutes.

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Matthew Morrison and Cameron Diaz star in What to Expect When You're Expecting, opening on Friday. HANDOUT

Lopez and Diaz know what to expect — and it's not pretty

Pregnancy. What to Expect When You're Expecting stars dish on the births they've been privy to

NED EHRBAR
Metro World News in Hollywood

Quoted

"I was in [the delivery room] and they were doing a C-section. There was just, like, blood everywhere, my sister's guts out on a platter — the inside, all of her intestines. It was crazy, dude."

Cameron Diaz
What to Expect When You're Expecting actress, on watching her sister have a C-section, which may have shaded her own views on pregnancy

What to Expect When You're Expecting — based on the bestselling pregnancy manual — is supposed to be about the highs and lows of having a child, but stars Jennifer Lopez and Cameron Diaz are more interested in the more horrific aspects.

"I had a C-section, but my sister gave birth six months later," Lopez remembers.

"We got pregnant around the same time, and she asked me to be in the delivery room with her. Because I had twins and it was recommended for me to have a C-section, there was a part of me that had thought, 'I didn't get to do it the way that everybody else does.'

"But when I saw my sister pushing that baby out, I was like, 'Maybe this was all right! Maybe this was a better out,'" remembers Lopez.

Diaz, who doesn't have any children of her own, explains that she got a crash course in the gruesome realities of having a baby at age 25 when her sister gave birth — and it may have shaded her own views on pregnancy.

"I was in [the delivery room] and they were doing a C-section," Diaz remembers.

"There was just, like, blood everywhere, my sister's guts out on a platter — the inside, all of her intestines. It was crazy, dude."

As grisly as that may sound, though, Diaz insists the other option isn't that appealing, either.

"But the vaginal delivery was crazy," she says. "No man should ever see it! Never let a man see that. Never."

Luckily, the film focuses on many other aspects of being pregnant.

For Diaz, part of the fun of making What to Expect When You're Expecting was the prosthetic … enhancements she got to wear — even if they didn't stand up to the elements.

"My pregnant breasts were really amazing," Diaz says with a laugh. "I was like, 'Wow! Those are awesome!'

"But then, when they put them on — because it was just the top part — in the Atlanta heat, I aged about 40 years by the end of two hours.

"They were literally hanging down to my hips! They were just drooping down, like they were just melting off my body, and it was really not attractive," she says.

A selfless act

Beyond birthing

So with all the pregnancy horror stories, might Lopez make like her character and consider adoption as an option for her next child? "It's funny because before the movie, I never really thought about adoption at all. I just always wanted to have my own baby," she says. "But after the film and during the making of the film when I held those two little Ethiopian twins, I fell in love instantly and it really occurred to me, I can see how somebody can do this, how it is so easy to embrace a child who has nothing. It's really a beautiful selfless act of love…"

Box office

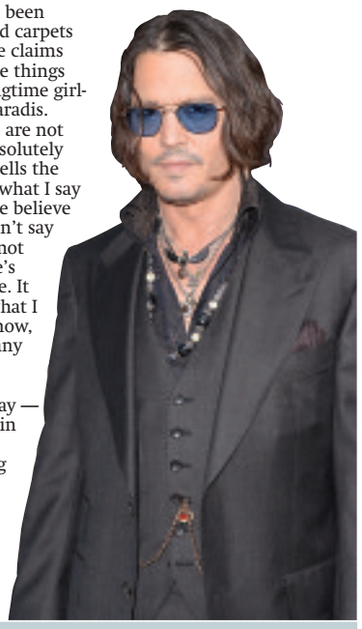
Avengers defends No. 1 spot

The Avengers is taking a page out of Superman's comic book — flying faster than a speeding bullet to the billion-dollar mark at the box office. The superhero blockbuster took in $103.2 million to lead for a second straight weekend, raising its domestic total to $373.2 million. With $95.4 million more overseas, The Avengers lifted its international receipts to $628.9 million for a worldwide haul of just over $1 billion. The action smash from Disney's Marvel Studios easily fended off Johnny Depp and Tim Burton's vampire romp Dark Shadows, which had a so-so domestic start of $28.8 million to finish a distant No. 2. That's far below such past Depp-Burton collaborations as Alice in Wonderland, which opened with $116.1 million, and Charlie and the Chocolate Factory, which debuted with $56.2 million.
THE ASSOCIATED PRESS

On the web

Young Montreal filmmaker 'amazed' by third trip to Cannes fest

‘The rumours are not true’



Johnny Depp has been showing up to red carpets solo lately, but he claims that’s not because things are over with longtime girlfriend Vanessa Paradis.

“The rumours are not true. They are absolutely not true,” Depp tells the Sun. “No matter what I say about this, people believe the opposite. I can’t say enough about it not being over. There’s no truth anymore. It doesn’t matter what I say to you right now, it doesn’t make any difference.”

Just what we needed on Monday — a nihilistic Captain Jack. This week just keeps getting darker.

Howard Stern

Stern takes a shot at Spears

New America’s Got Talent judge Howard Stern is looking to start a feud with new X Factor judge Britney Spears, saying he’ll watch his competition “to see what kind of a trainwreck she is,” he said at an NBC press conference late last week.

“I think we’re going to tune in to see her, to see if she can function through the thing,” Stern said. “I think Britney will sit there and eat a lollipop and wear a sexy outfit.”

And just to make sure all his bases are covered, Stern roped American Idol judge Jennifer Lopez into his critique: “I think she’s going to sit there like J.Lo and (say), ‘You’re wonderful, you’re terrific. Do you think I can get a perfume endorsement out of it? Do you think I can perform on the show?’”

Brand unfollows Perry

Russell Brand finally got around to unfollowing soon-to-be ex-wife Katy Perry on Twitter last week, according to Us Weekly. Perry, for her part, unfollowed Brand very soon after he filed for divorce in December, a little more than a year after they’d married. The move brings the number of people Brand follows on Twitter down to 77, despite his 4.6 million followers.

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Travolta accusations piling up

MONICA WEYMOUTH
scene@metronews.ca

We tried to avoid the John Travolta rumours last week. Not because we didn’t believe them — if you’ve seen 15 minutes of Wild Hogs, you could see him breaking rules on the massage table — but because they’re gross, and we prefer to ease into the weekend with a Johnny Depp photo search.

But now, a total of three men have accused the actor of sexually harassing them during massage sessions, and a former employee of the swanky Peninsula Hotel has come forward claiming that Travolta was banned from the spa after a pattern of “inappropriate behaviour” with the staff, reports the New York Daily News.

Travolta’s lawyers are, of course, denying all of the accusations, even providing time-stamped photos to TMZ in an effort to prove he was across the country when some of the incidents were alleged to have taken place.

On the one hand, we find it hard to believe that Travolta wouldn’t quickly and quietly hand over the couple million these guys are asking for if he didn’t have the perfect alibi.

On the other, we read through the lawsuits and you can’t make up stuff this lonely and pathetic — trust us, we try every day over here.

Ryan Seacrest ALL PHOTOS GETTY IMAGES

Seacrest has marriage on his mind

Ryan Seacrest faked out American Idol audiences last week with what looked like a proposal to girlfriend Julianne Hough, instead giving her a note to pass on to her Rock of Ages co-star Tom Cruise.

But there was apparently some truth behind the gag, as Seacrest admits the pair have had marriage on their minds, according to Life & Style Weekly.

“It’s something we talk about,” he says. When asked if it’s something they consider doing soon, he adds: “We talk about that, too.”

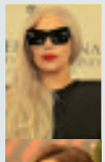
Mendes, Gosling still a pair

When Eva Mendes showed up solo at last week’s Met Gala, she sparked rumours that she’d split with boyfriend Ryan Gosling.

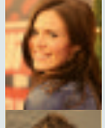
But fans can rest easy, as the pair are still very much together, according to Hollyscoop.

Mendes and Gosling were spotted grabbing coffee and baked goods — and walking hand-in-hand — around New York City recently.

Twitter



@ladygaga
watched crime documentary last night: woman caught killing rich husband because she used her “reward” card at grocery to buy blood remover. I WANT TO BE HER. you’d think she had more problems than saving 50 cents and driving away in his white LEXUS.



@TheMandyMoore
Trying to remember to relax and take deep breaths today.

@DomsWildThings
Dear future child.ignore me for the most part.I am not an example setter.but we will play so good!!where ARE you right now??!!

Some parents say they would consider implanting their children with a tracking device. ISTOCK

To microchip kids or not — that is the question

Technology. Some parents may agree to a GPS tracking device, but what about a body implant?

Recently, the ladies of the American talk show The View started quite the discussion when they proposed implanting microchips in children —just as you would a pet.

Whoopi Goldberg first mentioned the idea while the ladies were discussing the infamous Etan Patz case that really introduced parents to the dangers of missing children (he disappeared in 1979).

The basic conclusion of the panel was that if it's good enough for your Shih Tzu, it should be good enough for your children. This way we'd able to find young children if they were abducted.

First of all, as some of mommyish.com's readers noted, that's not exactly the way that microchips work.

Terri was the first to explain: "Pet microchips don't work like GPS trackers; rather, they can be scanned if a lost pet is brought into a shelter or vet clinic, in order to access the owner's contact information."

But there were still plenty of parents who seemed to believe that a GPS tracker for children wouldn't be a bad idea.

Amy brought up another famous missing persons case and the impact it made on her. "When I was 13, Jennifer Odom disappeared. She only needed to go 300 feet to her house from the step off the school bus. It took a bit to find her body. Still unsolved. Even if it's a worst-case scenario of, 'I can get my pit-bull back', I want the same service afforded to protecting my kids."

No matter what the crime rate may be, bad things still happen and parents are still desperate to protect their children from harm.

One reader, Rebecca, had a creative idea of a less permanent way to help keep track of young children who might wander off.

Her suggestion: "I'd be interested in GPS jewelry for kids, something you can remove easily, but isn't so obvious that a kidnapper would recognize what it is. It would be great if only you had access to the GPS signal, say through your phone or something. I go into NYC a lot, which is challenging with two preschoolers. If one slips away at the giant Toys 'R' Us, a lot of panic attacks could be averted."

To that end, there actually are a variety of GPS trackers that are available for cautious parents looking to keep their young children safe. But none of these options would be cheap. Companies have designed GPS units that can be placed in jewelry, clothing or bookbags, so that your children could be monitored at any time. Once the kids get older, you could stop asking them to wear the GPS device.

With all this talk of tracking kids in case of the worst, I think it's important to note that parents should be educating their children about stranger danger and safe practices as well. GPS might locate your child after the unthinkable has happened, but we all want to avoid that awful scenario altogether.

LINDSAY CROSS, MOMMYISH.COM

Creative solution

"I'd be interested in GPS jewelry for kids, something you can remove easily."

Rebecca,
A mom

Start sharing

Would you microchip your child?

In real time. Ask a friend, family member — or even start a conversation with the stranger sitting next to you — and find out what they think.

Online. Visit metronews.ca and click the share button.

Poll. Register at metropolitanpanel.ca

Parenting

Do kids ever belong on a leash?

Since having kids, I've been freaked out by traffic. Parking lots, busy streets, even driveways have become safety hazards for me when I'm out with my children.

Usually we stick to the sidewalks, but not always. There have been numerous instances of waltzing through intersections, meandering along curbs and worst of all, weaving through parked cars.

When each boy started nursery school, he developed an insatiable appetite for freedom. The preferred destination? Parking lots. I remember picking up my eldest, now nine, from school and within seconds of leaving the building, he'd be heading straight into the carpool lane. Needless to say, the vice-grip hand-hold became de rigueur.

It was a phase he eventually grew out of — but not before teaching his younger brother exactly how it was done.

And so by the time my second son, now seven, started nursery school, he also hit the streets whenever possible. But with him, I was prepared. Doors would spring open and my hand would immediately go for his coat/knapsack/whatever body part I could grasp. My quick-draw-McGraw reflex surprised even myself.

But what was I going to do? Use a leash? No way.

I'd seen those parents. The relaxed ones. The ones walking through malls, airports, even parks, while their little ones meandered happily. On their leashes. Sometimes they wore full-on harnesses, though more often than not the leash was disguised as a backpack. I couldn't help but stare. And judge. These were children, not pets.

And then my three- year-old discovered the joys of the open roads. When he dashed into the school parking lot the first time, I chased him. The second time, I grabbed him. He soon learned to walk by my side, or, in worst-case scenarios, find himself thrown over my shoulder.

And then a few weeks ago, he disappeared. My husband and I had taken separate cars to a party.

My son insisted on going home with his daddy, so I left. Moments later my husband called, asking me if I'd taken our youngest son home. Luckily, the mad dasher was found by a lovely woman.

I'm now reconsidering my view on the leash. What about you?

CAROLYN DREBIN, MOMMYISH.COM

3 LIFE

Viral video

Cancer patients' big online hit

A video featuring cancer-stricken children, their nurses, doctors and parents lip-synching and dancing to the popular Kelly Clarkson song Stronger has become an online sensation. Clarkson, in her own video message to the children at Seattle Children's Hospital, called the video "amazing." "It made my day. I know it's making everybody else's day online," Clarkson said in a message posted on her website. "I just can't wait to meet you."

The youngsters, many attached to IVs and holding signs that say "Stronger," "Fighter" and "Hope," dance along with parents and medical staff. One child even rides a bike through the hallways of the hematology oncology floor. The video is part of a creative arts program with cancer patients at the Seattle hospital. The kids' video was the idea of 22-year-old Chris Rumble, a patient at the hospital who was diagnosed with leukemia in April. He wanted to do something to share with his old hockey team in the central Washington town of Wenatchee.

THE ASSOCIATED PRESS

On the Web

What passed for 'hijinks' in Mitt Romney's teens might not be treated so differently today

Bring spring to your table with a chicken-veggie dish

This recipe serves four. MATTHEW MEAD/ THE ASSOCIATED PRESS

To make the most of tender spring vegetables, it's important to use a gentle touch at the stove. This not only results in a more delicious dish, it's also usually much less work.

This braise of chicken legs and spring veggies is a great example. Though the chicken cooks for 30 minutes, the vegetables steam in the same pot for a few minutes.

Ingredients

- 1 tbsp unsalted butter, room temperature
- 2 tbsp all-purpose flour
- 1 tbsp canola oil
- 4 chicken legs, skin and excess fat removed
- Salt and black pepper
- 2 sweet onions, quartered
- 1/4 cup white wine
- 2 cups no-salt chicken stock
- 2 tsp dried thyme
- 1 bunch asparagus
- 1 bunch broccolini
- 1 tbsp cider vinegar

1. In small bowl, mix butter and flour until completely smooth. Set aside.

2. In heavy-bottomed pot, heat oil over medium-high heat. Season the chicken legs with salt and pepper. Working in batches, cook legs until well-browned, about 5 minutes per side. Transfer to plate.

3. Add onions to pot and brown 8 mins. Add wine and scrape bottom of pan to loosen browned bits. Return legs to pan along with the stock and thyme. Bring to low simmer, then cover. Reduce heat to low and simmer until the chicken legs are tender, about 30 minutes.

4. When the chicken cooked, place asparagus and broccolini over chicken and cover. Allow veggies to steam 5 mins. or until just tender and bright green.

5. Transfer legs and veg to platter. Increase heat to medium-high and whisk in the flour and butter mixture. Continue whisking until mix thickens, about 3 mins. Whisk in vinegar, then season with salt and pepper. Pour the sauce over the chicken and vegetables.

THE ASSOCIATED PRESS

Healthy eating

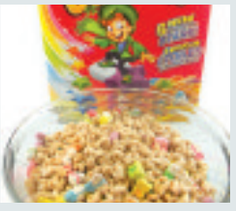
Choose it and lose it

ROSE REISMAN
for more, visit rosereisman.com

If you're going to reach for ready-to-eat options, take a quick look at the sugar content because many of these dishes are loaded with it.

Wong Wing Garlic Honey Pork

700 calories/ 58 g sugar
These type of pork dishes are breaded and deep fried, adding to the excessive calories. The sweet sauce has the equivalent of 15 teaspoons of sugar.



Equivalent

One Wong Wing Garlic Honey Pork is equal in sugar to four cups of Lucky Charms.

Wong Wing Beef and Broccoli

220 calories/ 10 g sugar
The beef is stir-fried and contains only two and a half teaspoons of sugar. The added broccoli also saves you almost 500 calories.

Pesto Mashed Potatoes. Sauce adds new flavour profile to a classic side

Britain's celebrity chef Jamie Oliver has created this side dish to give a different flavour profile to chicken, beef, pork or lamb.

1. Cut large potatoes in half so they are a relatively even size. Add to a saucepan of boiling salted water and cook over a high heat for 10 or 15 minutes or until tender and cooked through.

2. Drain potatoes in a colander and leave to steam dry. Return pan to low heat and add milk.

3. Warm through for a few minutes, then tip potatoes back into the pan with oil, pesto and a pinch of salt and pepper. Mash everything together until smooth and combined. JAMIE OLIVER/ THE CANADIAN PRESS/ ADAPTED BY EMILY RICHARDS (HOME ECONOMIST, COOKBOOK AUTHOR AND TV CELEBRITY CHEF. FOR MORE, VISIT EMILYRICHARDSCOOKS.CA)

Ingredients

- 1 kg (2 lb) Yukon Gold potatoes, peeled
- 150 ml (2/3 cup) milk
- 15 ml (1 tbsp) extra virgin olive oil
- 30 ml (2 tbsp) basil pesto
- Sea salt and freshly ground black pepper

Finish dinner with an elegant Blueberry Cheesecake Tart

Blueberries are delicious to eat year-round because they freeze so well.

They not only offer up a wonderful deep purple-blue hue, their sweet flavour adds great flavour to this cream-cheese tart.

Shoppers can find Canadian wild blueberries in the freezer section of their grocery store.

1. In a food processor bowl, finely grind walnuts, almonds or pecans. Add sugar and pulse to mix. Add flour and mix thoroughly.

2. Drizzle in melted butter through the processor chute and pulse until thoroughly blended.

3. Place nut mixture in bottom of 38-cm (15-inch) springform tart pan; set aside.

4. Filling: In a large bowl, using electric hand or stand mixer, beat eggs until thick and lemon-coloured. Beat in sugar, cream cheese and vanilla until smooth and pour over crumb mixture.

5. Sprinkle frozen wild blueberries on top of cheese mixture. Bake in 350 F (180 C) for 35 to 40 minutes or until filling is set.

6. Remove from oven and let cool. Serve with whipped cream, if desired.

WILD BLUEBERRIES, WILDBLUEBERRIES.COM/ THE CANADIAN PRESS/ ADAPTED BY EMILY RICHARDS (PROFESSIONAL HOME ECONOMIST, COOKBOOK AUTHOR AND TV CELEBRITY CHEF. FOR MORE VISIT EMILYRICHARDSCOOKS.CA)

Ingredients

- 175 ml (3/4 cup) walnuts, almonds or pecans
- 125 ml (1/2 cup) granulated sugar
- 375 ml (1 1/2 cups) all-purpose flour
- 125 g (4 oz) melted butter
- 3 large eggs
- 175 ml (3/4 cup) granulated sugar
- 340 g (12 oz) cream cheese, softened
- 7 ml (1 1/2 tsp) vanilla
- 250 ml (1 cup) frozen wild blueberries
- Whipped cream, for garnish (optional)

This recipe serves 10. THE CANADIAN PRESS H/O

New solar cells capture an astonishing 99.7 per cent of available light. ISTOCK

Using solar power — rain or shine

Absolute black. New solar cells catch light from all angles — efficiently enough to generate electricity even when the sun is obscured

BEN KNIGHT
Metro World News

Solar cells are pretty much the ultimate in a clean, green-energy generation.

But traditional cells have their limitations. They only do their best work when the sun is out and shining directly on them. Morning and evening aren't ideal, and cloudy days are pretty much a write-off.

But an exciting new approach to the entire industry is leaping closer to the ultimate ideal: "absolute black."

These new solar cells catch light from all angles — efficiently enough to generate electricity even when the sun is obscured.

"You take a standard cell, and you etch little pores into it, like tiny little mountains," says Chuck Provini, president and CEO of Natcore Technology.

"What happens then is that, as the sun goes across the sky, you now have these little pores that capture the light and don't have as much reflect-off as a smooth cell."

This happens at a microscopic scale, but the new cells capture an astonishing 99.7 per cent of the available light.

"Because we're capturing light at all these different angles, what's happening is we're just getting more light over a greater period of time," Provini explains. "It reaches its high efficiency way early on in the day, and then keeps it much, much longer. You don't just have this blip in the middle of the day. You have this plateau that goes from morning until the sun goes down."

At a time when the rest of the industry is struggling to increase power output by fractions of percentage points, Natcore's cells promise to boost production by between three and ten per cent.

There is still a lot of testing and development to complete, but the future is near — and very exciting.

"We're also developing a tandem solar cell, where we're stacking solar cells on top of each other — each one engineered to capture a different bandwidth of light. And we think that technology will double the efficiency of solar cells."

And even though China is the traditional leader in solar-cell technology, Natcore is committed to keeping all its development and manufacturing jobs in North America.

"In order to make solar energy work, two things have to happen," Provini explains. "You've got to double the efficiency or cut the cost in half. We've got technology online to do both."

By the numbers

100%

A traditional advanced silicon photovoltaic solar panel generates the same amount of electricity as a nuclear fuel rod — with none of the hazardous waste.

MAY 15, 2012
BRING YOUR CAMERA
We're inviting people all over the world to help create something historic. Send a message to the future from your life on May 15. Your pictures will be preserved for future generations and shown in a stunning website. A thousand images will be selected for a book and exhibitions touring the world. Everybody is welcome.
Read more at aday.org. Let's picture the world. Together.
Founding partner
VINGE
ADAY.ORG

Tosca Reno is now a New York Times best-selling author as well as a health and fitness expert. CONTRIBUTED

Shedding the pounds and moving forward

Personal transformation. One woman's weight-loss journey helped reshape her body and her career

TURNING POINT
Teresa Kruze
life@metronews.ca

Tosca Reno was 39 years old and stared at her reflection in the mirror.

"I look atrocious," she recalls thinking. "Where did I go?"She was 204 pounds of unhappiness brought on by a divorce. Tosca realized she had to make some changes, but little did she know the joy that would come her way.

Within three years Tosca had shed the weight, toned up and had met the love of her life, fitness guru and publishing magnate Robert Kennedy. She started writing about her journey in Oxygen magazine and propelled by her success, began writing The Eat-Clean Diet. The series of books has now sold two million copies worldwide and she has become one of the world's leading authorities on health and wellness.

Tosca Reno, before she began her healthy lifestyle. CONTRIBUTED

"I knew I wouldn't hit my stride until my later decades and I have a ways to go yet."

Tosca tragically lost her husband last month to lung cancer so she finds herself once again in transition. She is grieving but still strong in facing the mission ahead of her.

"His blessing infuses me. We have a role to play in the health landscape in this country and I intend to take it."

Tosca's tips

Tosca Reno shares some of her thoughts on life and success.

- **Preparedness meets opportunity.** Prepare yourself to be the best so when opportunity hits you can run with it.
- **Don't do anything that feels like work.** If you're passionate about something, it doesn't feel like work.
- **Always do it in a friendly style.** Befriend the audience and never lecture. Always come from your own truth.
- **Be grateful.** Every day feel grateful for the experience and the people that work with you.
- **Spend no time on the negative.** Turn away and go positive.

Getting fit — one kid and one bit at a time

Pilot project. Making children earn their screen time — new online game uses kids' daily activity as its sole power source

Jurmaine Dowe detaches his digital pedometer and inserts it into the docking station, and it's not long before a flurry of colourful graphics pop up and saturate the computer screen.

Within moments, the 11-year-old will be on a globe-trotting journey within a virtual world that will transport him to such varied locales as Blackfoot Crossing, the Empire State Building, Mount Everest, and the moon.

But before the Grade 5 student at Toronto's Blacksmith Public School can navigate through the digital domain, he first must rack up steps through physical activity to power his online play.

Jurmaine is among 250 kids across Canada taking part in a pilot project aimed at offering youngsters some added incentive to get moving.

Concerned Children's Advertisers has launched what is being billed as the first-ever online game to use kids' daily activity as its sole power source.

The project's aim is to determine whether gaming can be used as a motivator to change sedentary behaviour, and, in turn, increase physical activity levels among kids.

In addition to other communities within Ontario including Mississauga, Paris, Orillia and Rama, the pilot is also in place in Moncton, Regina and Whitehorse.

Children are outfitted with digital pedometers known as Fitbits that track and upload their daily steps to an online game called GOGOYU. When online, they create and customize their own avatars.

But for parents concerned about kids spending countless hours glued to screens, they needn't worry: the game has strict time limits, and offers ample educational value to its users.

As they navigate through the game, they can earn energy boosters known as "karats," learn nutritional information as well as facts about the different locales which are woven throughout the various challenges.

How it works

8,000

Participants must reach a minimum daily physical activity goal of 8,000 steps, and a built-in timer limits game play to 20 minutes a day.

The pilot' project's first week involves students wearing the Fitbit daily without interaction with GOGOYU. An online survey is also conducted to assess their sports involvement and levels of activity, said CCA school liaison Susan Houston.

The students then have four weeks interacting with the game. During the project's final phase, youngsters wear the Fitbit for one more week to see if they are continuing to keep up with their steps.

CCA president Bev Deeth said research they conducted with kids revealed that youngsters recognize the importance of leading a healthy, active life. However, that knowledge alone wasn't necessarily enough to spur them to take action or make a change.

Grade 5 student Shirley Tran, 10, shows off her Fitbit Wireless Personal Trainer at Blacksmith Public School in Toronto last Tuesday. NATHAN DENETTE/THE CANADIAN PRESS

The information was shared with ad agency Crispin Porter & Bogusky, which developed the idea of a game powered by real-life activity.

"With one in four kids in this country being overweight or obese, this is taking a very creative new direction approach to an issue that's very problematic," Deeth said. "We felt that we were reaching kids in more of a relevant and meaningful and motivating way."

Deeth said the game is designed to help kids get their 60 minutes of recommended moderate to vigorous physical activity a day.

According to the 2011 report card from Active Healthy Kids Canada, only nine per cent of boys and four per cent of girls are meeting those targets.

Soccer sessions at school for Jurmaine and fellow classmates Nathaniel Sinke and Shirley Tran, both 10, have helped in their efforts to ramp up their step counts.

"I was psyched because it was kind of fun hearing about the game, seeing my character and everything, and seeing how many steps I could get a day... and trying to beat my highest step count," said Jurmaine.

Shirley has racked up as many as 21,000 steps in a day and does whatever she can to increase her pedometer clicks.

"When we're doing squats, I always add marches to it to get more steps."

But not all of the kids have been keen to participate. Andrew Wood, who teaches a split Grade 4/5 class at Blacksmith, admits a few of his students haven't worn the Fitbit at all.

"You're not going to get everybody. But the point is: 'How many can you get?'" he said. THE CANADIAN PRESS

Getting children moving

Michelle Brownrigg, director of physical activity and equity at U of T, weighs in on the project.

- **Screen time.** "Everything that we can look at that can figure out how we can engage kids, engage families, that will put them into a situation of building physical activity into daily life is all a good contribution."
- **Results.** The project ends next month, and results will be reviewed by researchers at the University of Toronto.

Heat top Pacers, but lose Bosh in process

LeBron James rises for a dunk in Miami on Sunday. MARC SEROTA/GETTY IMAGES

LeBron James got his trophy, and then he and Dwyane Wade made sure the Miami Heat got a win in Game 1.

James scored 32 points and grabbed 15 rebounds in his first game as a three-time MVP, Wade finished with 29 and the Heat beat the Indiana Pacers 95-86 to open their second-round series on Sunday.

Chris Bosh scored 13, but left late in the first half with a lower abdominal injury and did not return. The Heat said Bosh will have an MRI to determine the extent of the problem. While returning to the defensive end, Bosh started limping and grabbing at his midsection. He eventually fell to his knees in pain and left with 43.6 seconds to go in the half.

"It's unfortunate Chris went down," Wade said. "But we told him, 'Be healthy. We got 'em."

The Heat outscored Indiana 25-16 in the fourth, with Wade and James combining for 22 of those points. THE ASSOCIATED PRESS

Game 1

Heat	Pacers
95	86

Another MVP for James

Commissioner David Stern handed LeBron James his MVP trophy before the Heat hosted the Pacers Sunday.

- James, who was announced Saturday as the winner, is the eighth player to win the award at least three times.

Devils, Rangers prepare to rekindle an old flame

NHL. New Jersey and New York meet again with cup berth on line

The Devils celebrate a 4-3 shootout win over the Rangers on New Year's Eve in Newark, N.J. BRUCE BENNETT/GETTY IMAGES

It's been 18 years since Stephane Matteau etched his name into hockey history with a wraparound goal that launched the New York Rangers-New Jersey Devils rivalry well beyond a common border war.

Matteau ended Game 7 of the 1994 Eastern Conference final with an unlikely goal in double overtime, beating goalie Martin Brodeur and the Devils and sending the Rangers toward the final step of ending a 54-year Stanley Cup curse.

The intensity and animosity has only grown over the past two decades. The Devils recovered from the disappointing loss to their so-called "big brothers," to win the Stanley Cup three times between 1995 and 2003, with another cup final loss mixed in.

The Rangers haven't come close to matching that kind of success. This is New York's first appearance in the conference final since 1997 — a 4-1 series loss to Philadelphia.

Brodeur is the only player from left 1994 on either team and is still the cornerstone of a New Jersey club that will face the Rangers as this year's East finals open Monday night at Madison Square Garden.

Brodeur is excited to be at the centre of it again.

"I guess it's kind of amazing when you look at the amount of years in between the two series," he said Sunday.

"I expect it to be just the same for the guys. They have to just enjoy the moment. This is a great time in everybody's lives, and we need to really take it all in. You never know when you're going to get back in the situation that you're going to play for a chance to go to the Stanley Cup finals."

The names have certainly changed, but the intensity hasn't. During the regular season, the teams split six games. The most recent meeting on March 19 was the most memorable as it began with the clubs' enforcers on the ice and led to three fights right off the opening faceoff.

So feistiness and nastiness is almost a guarantee between these defensive-minded teams that value each and every goal and know that any one could be the difference between a win and a loss.

"I think it's going to be physical," Rangers captain Ryan Callahan said. "Both teams like to play that style. They've been chippy games every time we played them in the regular season. I don't see that changing.

"At the same time you have to make sure you're disciplined, don't get too emotional out there. I'm sure you're not going to see guys fighting on an opening faceoff, but it's going to be intense." THE ASSOCIATED PRESS

Quoted

"I am excited it's the Rangers. Anybody that coaches or plays wants to play your main rival in this type of situation."

Peter DeBoer, Devils head coach.

IIHF

Ovechkin, Semin on way to worlds

Alex Ovechkin and Alexander Semin will join Russia at the world championship. The pair were ousted from the NHL playoffs Saturday when their Capitals lost 2-1 to the Rangers in Game 7 of the East semifinals.
THE ASSOCIATED PRESS

Soccer

Man City wins EPL title in injury time

Manchester City came out on top on the most dramatic final day in Premier League history, scoring twice in injury time to win its first English title in 44 years.

City knew a win over Queens Park Sunday would clinch the title but was on the verge of handing the title to Manchester United when it trailed 2-1 with 90 minutes played. THE ASSOCIATED PRESS

Man City celebrates on Sunday. ALEX LIVESEY/GETTY IMAGES

Tennis

Raonic exits Rome after Round 1

Canadian Milos Raonic made a first-round exit at the Italian Open after losing to Germany's Florian Mayer 7-6 (5), 6-4 on Sunday.

Raonic, who was beaten last year in the first round, has yet to earn a win at Foro Italico. THE CANADIAN PRESS

NBA

"I'm not worried about him or what he has to say."

Oklahoma City's James Harden on Los Angeles' Metta World Peace. The Thunder start their second-round series Monday vs. the Lakers in the first meeting since World Peace — formerly Ron Artest — gave Harden a concussion by hitting him in the head with his elbow.

4 SPORTS

Cycling

"That was a tough day. Really happy to hang onto the jersey. The team was incredible again and really showed our strength in the hard beginning of the stage."

Canada's Ryder Hesjedal, who retained the overall leader's jersey at the Giro d'Italia on Sunday with an 11th-place finish in the eighth stage. Hesjedal, from Victoria, is the first Canadian to ever lead the race. Domenico Pozzovivo took the eighth stage thanks to a break just under seven kilometres from the finish of the gruelling 229-kilometre leg to win in six hours six minutes five seconds. Joaquin Rodriguez led the peloton over the line 27 seconds after Pozzovivo to close the gap on Hesjedal to nine seconds in the overall standings.

On the web

Wait for West final finally over

The L.A. Kings and Phoenix Coyotes had plenty of time to recharge after quickly ousting the St. Louis Blues and Nashville Predators respectively in Round 2. Last night the clubs opened the West final and, if their six regular season meetings were any indication, it should be very physical. Go to metronews.ca/sports for the game results.

On the web

John Tavares has yet to make the NHL playoffs, but he still gives his family reason to cheer each spring. The IIHF world hockey championship has become an annual event, and mother Barb Tavares calls John's opportunity to don the Maple Leaf "a dream come true." Scan the code for the story.

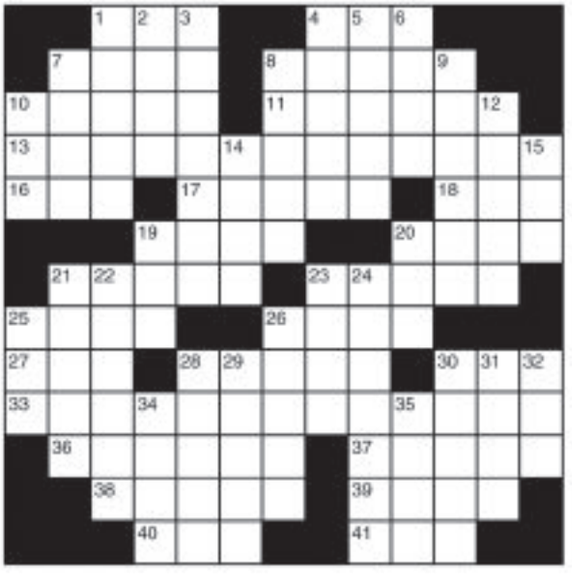
Crossword

Across

1 Handle clumsily
4 Some radios (Abbr.)
7 Urban transport
8 Tenors' solos
10 Gallup writeups
11 Celsius unit
13 Lover's earful
16 Officeholders
17 Leading
18 Past
19 One of the Gospels
20 On
21 Ahab's quarry
23 Senior member
25 Panorama
26 Jackknife, e.g.
27 Savings-plan acronym
28 Wagon-wheel part
30 Perched
33 Nondiscretionary enforcement policy
36 Leisurely walk
37 Prince Harry's mum
38 Tearjerker need (Var.)
39 Incite
40 Meadow
41 Tee preceder

Down

1 Loses colour
2 Wheelbase terminus
3 Pensive
4 Worries
5 Possibly will
6 Ganges wrap
7 Burg
8 Worship
9 Legislative body
10 Letter before omega
12 Give encouragement
14 Sneaker brand
15 Bribe
19 9-Down output
20 Sailor's affirmation
21 Mess behind a desk
22 Fireplace
23 Levee
24 Late
25 Namely (Abbr.)
26 Role for Barbra
28 Rock
29 Lively dance
30 Unforeseen hazards
31 Zits
32 Afternoon social
34 Exam format
35 Ostentatious display



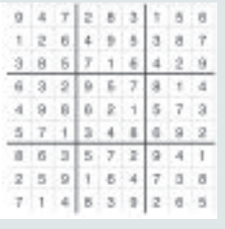
Sudoku

7				4				3
	8			9			5	
4			1		2			8
3		7				4		1
		2	3		5	6		
9		8				5		7
5			9		8			6
	2			6			1	
6				3				2

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Friday's Sudoku



Friday's Crossword

Cryptoquip

How to play

This is a substitution cipher where one letter stands for another. Eg: If X equals O, it will equal O throughout the puzzle.

RK Z KXLZOX LSQZEHW VXEX Z KZQ SK OSV-PJZORYI GXMA, AWX HSJOM GX HZOOXM LZEI, PJXXQ SK HSYA.

Yesterday's Cryptoquip: WHAT WOULD PEOPLE NAME A RACEHORSE THAT'S A CONNOISSEUR OF FINE FOOD? THE GALLOPING GOURMET.

Today's Cryptoquip Clue: X equals E

For today's crossword answers and for expanded horoscopes, go to metronews.ca

Horoscope

Aries | March 21 - April 20. You may have to admit that you are out of your depth and that you are not going to reach the target you set yourself.

Taurus | April 21 - May 21. Don't take risks or take anything for granted. Someone could be setting you up for a fall.

Gemini | May 22 - June 20. Don't worry too much if you can't seem to work out what's going on today – it will all become clear as the week progresses.

Cancer | June 21 - July 22. Do not allow yourself to get drawn into other people's disputes.

Leo | July 23 - Aug. 22. You will be in a generous mood today. If someone is down on their luck you won't have the heart to turn them away.

Virgo | Aug. 23 - Sept. 22. Mars in your sign makes you assertive and ambitious, but don't try to do everything all in one go.

Libra | Sept. 23 - Oct. 22. It does not matter if you are in one of your gloom and doom moods today because by this time tomorrow you will be all smiles again.

Scorpio | Oct. 23 - Nov. 21. Put any feelings of regret or remorse you may have behind you immediately.

Sagittarius | Nov. 22 - Dec. 21. A minor success can be built into something more important but you've got to be patient.

Capricorn | Dec. 22 - Jan 20. The message of the stars is that you have nothing to worry about – no, really, nothing at all. By all means take a few chances.

Aquarius | Jan. 21 - Feb 18. You may be tempted to cut corners today but is that really such a smart idea?

Pisces | Feb. 19 - March 20. Someone you work with is in an unreasonable mood and no doubt it annoys you a lot. But don't stoop to their level and be unreasonable in return because that means they will have won. SALLY BROMPTON

Caption Contest

"With this camouflage, I can blend in with a tiger!" Carter

TONY LACASSE/NEW ENGLAND AQUARIUM, THE ASSOCIATED PRESS

Win!

You write it!

Write a funny caption for the image above and send it to play@metronews.ca — the winning caption will be published in tomorrow's Metro.

Sharability

easy hard

KIA

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ON SELECT MODELS

2012 FORTE5

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amortized over 84 months with a $1,750 down payment. $5,143 remaining balance. Offer includes $500 competitive bonus†† and **$1,250 LOAN SAVINGS.‡ BASED ON A PURCHASE PRICE OF $20,850.** Offer based on Forte5 LX PLUS AT.

✓ MORE STANDARD HORSEPOWER THAN MAZDA3±

HWY: 5.5L/100KM
CITY: 8.0L/100KM

Forte *5* SX shown

2012 FORTE SEDAN

TOP SAFETY PICK 2012^ INSURANCE INSTITUTE FOR HIGHWAY SAFETY

PLUS $500 CASH BONUS§

FINANCE FROM AS LOW AS $95≠ BI-WEEKLY | AT 1.49% APR | FOR UP TO 60 MONTHS

amortized over 84 months with a $1,675 down payment. $4,884 remaining balance. Offer includes **$1,500 LOAN SAVINGS‡** and $500 competitive bonus††. **BASED ON A PURCHASE PRICE OF $20,150.** Offer based on Forte LX PLUS AT.

✓ MORE STANDARD HORSEPOWER THAN HONDA CIVIC AND MAZDA3¥

HWY: 5.5L/100KM
CITY: 8.0L/100KM

Forte SX shown

2012 FORTE KOUP

PLUS $500 CASH BONUS§

FINANCE FROM AS LOW AS $109≠ BI-WEEKLY | AT 1.49% APR | FOR UP TO 60 MONTHS

amortized over 84 months with a $1,750 down payment. $5,558 remaining balance. Offer includes **$750 LOAN SAVINGS‡** and $500 competitive bonus††. **BASED ON A PURCHASE PRICE OF $21,750.** Offer based on Forte Koup EX AT.

✓ MORE STANDARD TORQUE THAN HONDA CIVIC COUPE Ω

HWY: 5.7L/100KM
CITY: 8.0L/100KM

Forte Koup SX shown

KIA

5 Year Warranty

WE'VE GOT YOU COVERED
*5-year/100,000 km worry-free comprehensive warranty

KIA MEMBER REWARDS
Earn points towards future discounts.
It's **FREE** and it's incredibly rewarding.

Visit kia.ca to learn more.

Like us on to learn more. facebook.com/kiacanada

Offer(s) available on select new 2012/2013 models through participating dealers to qualified customers who take delivery by May 31, 2012. Dealers may sell or lease for less. Some conditions apply. Offers are subject to change without notice. See dealer for complete details. Vehicle images shown may include optional accessories and upgrades available at extra cost. All offers exclude licensing, registration, insurance, other taxes and down payment (if applicable). Other dealer charges may be required at the time of purchase. Other lease and financing options also available. §May $500 Cash Bonus is available to qualified retail customers on the purchase or lease of a 2012/2013 Forte, Forte5, Koup, Optima, Optima Hybrid, Sportage or Sorento between May 14 and May 19, 2012. $500 Bonus will be deducted from the negotiated purchase/lease price after taxes or may be applied towards the purchase of accessories. Includes $250 dealer participation. Offer available at participating dealers on in-stock vehicles only. Delivery must be taken during the program period. Some conditions apply. See dealer for complete details. **0% purchase financing is available on select 2012 Kia models on approved credit (OAC). Terms vary by model and trim, see dealer for complete details. Representative financing example based on 2012 Sorento LX MT (SR55AC) with an MSRP of $25,745 [includes delivery and destination fees of $1,650, other fees and certain taxes (including tire levies) and A/C tax ($100, where applicable)] financed at 0% APR for 60 months. Bi-weekly payments equal $175, with a down payment/equivalent trade of $2,000. License, insurance, applicable taxes, variable dealer administration fees (up to $699), PPSA and registration fees are extra. Cost of borrowing of $0, for a total obligation of $25,745. Retailer may sell for less. See dealer for full details. ***Don't Pay for 90 Days": on select models (90-day payment deferral) applies to purchase financing offers on select 2012 and 2013 models on approved credit (OAC) (2012/2013 Sportage/Sorento/Sedona excluded). No interest will accrue during the first 60 days of the finance contract. After this period, interest starts to accrue and the purchaser will repay the principal interest monthly over the term of the contract. ◆Bi-weekly finance payment for 2012 Forte5 LX AT (FO79PC)/2012 Forte Sedan (FO74PC)/2012 Forte Koup EX AT (FO52KC) based on a selling price of $20,850/$20,150/$21,750 is $100/$95/$109 with an APR of 1.49% for 60 months, amortized over an 84-month period. Estimated remaining principal balance of $5,145/$4,884/$5,558 plus applicable taxes due at end of 60-month period. Offer includes a loan savings of $1,250/$1,500/$750. Delivery and destination fees of $1,455, other fees and certain taxes (including tire levies) and A/C tax ($100, where applicable) are included. License, insurance, applicable taxes, and registration fees are extra. See dealer for full details. ‡Loan savings for 2012 Forte5 LX AT (FO75PC)/2012 Forte Koup EX AT (FO52KC) is $1,250/$1,500/$750 and is available on purchase financing only on approved credit (OAC). Loan savings vary by model and trim and are deducted from the negotiated selling price before taxes. Some conditions apply. ††Competitive Bonus offer available on the purchase or lease of new 2012 Forte models at a value of $500 (deducted before tax) for owners of a Honda Civic, Toyota Corolla or Mazda3 with proof of ownership. Certain restrictions apply. Offer is transferrable within same household (must provide proof of address). Limit of one bonus per customer or household. Offer not combinable with any other loyalty/conquest offers. Offer ends May 31, 2012. ^Compare against standard horsepower between 2012 Kia Forte LX MT vs 2012 Honda Civic DX MT and 2012 Mazda3 GX MT. ±Compare against standard torque between 2012 Kia Forte Koup SX AT vs 2012 Honda Civic Coupe EX-L AT. ΩCompare against standard horsepower between 2012 Kia Forte LX MT vs 2012 Honda Civic DX MT and 2012 Mazda3 Sport GX. ¥Compare against standard horsepower between 2012 Kia Forte5 LX MT vs 2012 Mazda3 GX MT. ≠Compare against standard torque between 2012 Kia Forte Koup SX AT vs 2012 Honda Civic Coupe EX-L AT. ^2012 Kia Forte Sedan awarded the Top Safety Pick by the Insurance Institute for Highway Safety. Visit www.iihs.org for full details. ~Highway/city fuel consumption of these vehicles may vary. These estimates are based on Transport Canada's approved criteria and testing methods. Refer to the Government of Canada's *EnerGuide Fuel Consumption Guide*. Your actual fuel consumption will vary. For more information on our 5-year warranty coverage, visit kia.ca or call us at 1-877-542-2886. Reproduction of the contents of this material without the expressed written approval of Kia Canada Inc. is prohibited. All information is believed to be accurate, based on information available at the time of printing. Information sourced from independent third-party research. KIA is a trademark of Kia Motors Corporation.

KIA

DARE TO COMPARE SALES EVENT

THIS WEEK ONLY! MAY 14 TO 19

MAY $500 CASH BONUS§ EVENT

0% FINANCING ON 2012's** | PAY FOR 90 DAYS◆

ON SELECT MODELS

CAR OF THE YEAR
$100 TEST DRIVE –BONUS–

TEST DRIVE THE OPTIMA AND RECEIVE A $100 GAS CARD IF YOU BUY THE COMPETITION'

MOTORING 2012
CAR OF THE YEAR

AJAC www.ajac.ca
Automobile Journalists Association of Canada
Optima LX
Best New Family Car
(under $30,000)

AJAC www.ajac.ca
Automobile Journalists Association of Canada
Optima Hybrid
Best New Family Car
(over $30,000)

HWY: 5.7L/100KM
CITY: 8.7L/100KM

Optima SX Turbo shown

HWY: 4.9L/100KM
CITY: 5.6L/100KM

Optima Hybrid shown

2012 OPTIMA

PLUS $500 CASH BONUS§

WELL-EQUIPPED FROM
$23,050'

Includes $500 competitive bonus.§
Offer based on Optima LX MT.

MORE STANDARD HORSEPOWER THAN HONDA ACCORD AND TOYOTA CAMRY^Ω

2012 OPTIMA HYBRID

PLUS $500 CASH BONUS§

FINANCE FROM AS LOW AS **$215**‡ BI-WEEKLY | AT **0%** APR | FOR UP TO **60** MONTHS

Offer includes $1,000 ECO Credit> and
$1,250 Loyalty Bonus¥ with a $2,000 down payment.
BASED ON A PURCHASE PRICE OF $32,150.
Offer based on Optima Hybrid Base.

MORE STANDARD HORSEPOWER THAN TOYOTA CAMRY HYBRID^

KIA

5 Year Warranty

WE'VE GOT YOU COVERED
*5-year/100,000 km worry-free comprehensive warranty

KIA MEMBER REWARDS
Earn points towards future discounts.
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Offer(s) available on select new 2012/2013 models through participating dealers to qualified customers who take delivery by May 31, 2012. Dealers may sell or lease for less. Some conditions apply. Offers are subject to change without notice. See dealer for complete details. Vehicle images shown may include optional accessories and upgrades available at extra cost. All offers exclude licensing, registration, insurance, other taxes and down payment (if applicable). Other dealer charges may be required at the time of purchase. Other lease and financing options also available. §May $500 Cash Bonus is available to qualified retail customers on the purchase or lease of a 2012/2013 Rio, Forte5, Koup, Optima, Optima Hybrid, Sportage or Sorento between May 14 and May 19, 2012. $500 Bonus will be deducted from the negotiated purchase/lease price after taxes or may be applied towards the purchase of accessories. Includes $250 dealer participation. Offer available at participating dealers on in-stock vehicles only. Delivery must be taken during the program period. Some conditions apply. See dealer for complete details. **0% purchase financing is available on select 2012 Kia models on approved credit (OAC). Terms vary by model and trim, see dealer for complete details. Representative financing example based on 2012 Optima Hybrid (OPTAHC) with an MSRP of $32,150 (includes delivery and destination fees of $1,455, other fees and certain taxes (including tire levies) and A/C tax ($100, where applicable) financed at 0% APR for 60 months. Bi-weekly payments equal $215 with a down payment/equivalent trade of $2,000. License, insurance, applicable taxes, variable dealer administration fees (up to $699), PPSA and registration fees are extra. Cost of borrowing of $0, for a total obligation of $32,150. Retailer may sell for less. See dealer for full details. ◆"Don't Pay for 90 Days" on select models (90-day payment deferral) applies to purchase financing offers on select 2012 and 2013 models on approved credit (OAC) (2012/2013 Sportage/Sorento/Sedona excluded). No interest will accrue during the first 90 days of the financing contract. After this period, interest starts to accrue and the purchaser will repay the principal interest monthly over the term of the contract. 'Car of the Year $100 Test Drive Bonus offer is open to eligible retail customers who test drive a new 2012 Optima between May 1 – May 31, 2012 at a participating dealership and who purchase a competitive vehicle (2012 Hyundai Sonata, Honda Accord, Toyota Camry, Ford Fusion, Chevrolet Malibu, Volkswagen Passat, Nissan Altima, Dodge Charger or Mazda6) within 7 calendar days of their Optima test drive. Eligible participants must be Canadian residents and must provide sales/lease/registration fees are extra. Retailer may sell for less. See participating dealers for complete details. ^Cash purchase price for 2012 Optima (OPTAEC) is $23,050 and includes a $500 competitive bonus (which is deducted from the negotiated selling price before taxes and cannot be combined with special lease and finance offers). Includes delivery and destination fees of $1,455, other fees and certain taxes (including tire levies) and A/C tax ($100, where applicable). License, insurance, applicable taxes and registration fees are extra. Retailer may sell for less. Available at participating dealers. See dealer for full details. ^Competitive Bonus offer available on the purchase or lease of new 2012 Optima (excluding Hybrid) models at a value of $500 (deducted before tax) for owners of a Honda Accord, Toyota Camry or Mazda6 with proof of ownership. Certain restrictions apply. Offer is transferable within same household (must provide proof of address). Limit of one bonus per customer or household. Offer not combinable with any other loyalty/conquest offers. Offer ends May 31, 2012. >ECO-Credit for 2012 Optima Hybrid is $1,000 and is applicable to the purchase or lease of a new 2012 Kia Optima Hybrid. Available at participating dealers. Certain restrictions apply. See dealer for details. ¥Loyalty Bonus offer available on 2012 Optima Hybrid at a value of $1,250 for any current Kia owners towards the purchase or lease of a new 2012 MY Optima Hybrid by May 31, 2012. Loyalty Bonus offer applicable to cash purchase, lease and purchase financing only and will be deducted from the negotiated price before taxes. Offer is transferable within same household only (must provide proof of address). Limit of one bonus per customer or household. Certain restrictions apply. See dealer for details. ΩCompare against standard horsepower between 2012 Kia Optima LX A/T vs 2012 Honda Accord LX A/T and 2012 Toyota Camry LE A/T. ^Compare against standard horsepower between 2012 Kia Optima Hybrid vs 2012 Toyota Camry Hybrid LE. ‡Highway/city fuel consumption of these vehicles may vary. These estimates are based on Transport Canada-approved criteria and testing methods. Refer to the government of Canada's *EnerGuide Fuel Consumption Guide*. Your actual fuel consumption will vary. For more information on our 5-year warranty coverage, visit kia.ca or call us at 1-877-542-2886. Reproduction of the contents of this material without the expressed written approval of Kia Canada Inc. is prohibited. All information is believed to be accurate, based on information available at the time of printing. Information sourced from independent third-party research. KIA is a trademark of Kia Motors Corporation.